

GREEN GODDESS BREAKFAST DRINK

Ingredients

1 orange, peeled
1 bunch grapes
1 banana
1 pear
1 cup soy, almond or rice milk
2 cup Kale
Ice cubes, optional

Preparation

Wash all food and place in the blender for 1 minute, or until desired smoothness is achieved.

EASY BEAN SALAD

Ingredients

1 1/2 cup cooked kidney beans
1 1/2 cup cooked pinto beans
1 1/2 cup cooked black-eyed peas
1 package (10 ounces) frozen lima beans
1 cup frozen corn, thawed, or cooked fresh corn, chilled
1 large red bell pepper, diced
1/2 medium red onion, diced
1/2 cup low-fat or fat-free Italian salad dressing
1 teaspoon salt
1 teaspoon ground black pepper

Preparation

Rinse and drain all beans.

Combine all ingredients in a large bowl and toss gently. Serve chilled or at room temperature.

CHOCOLATE MOUSSE

Ingredients

1 block Mori-Nu silken tofu (firm)
1/2 cup soy, rice or almond milk
1/4 cup agave nectar (optional)
1 cup semi-sweet non-dairy chocolate chips
1 box strawberries

Preparation

Combine tofu, soy milk and agave nectar in a food processor and blend until smooth.

Melt chocolate chips over low heat, then add to the food processor and blend until smooth.

Pour into a bowl or pie crust and chill in the refrigerator for at least 1 hr.

Soy-free variation

Use 1 avocado & 1 small cooked sweet potato, instead of tofu.

Yes-You-Can Black Bean Chili

Makes 4 servings

It gets no easier—and everyone loves this dish! Feed a crowd by doubling or tripling the recipe. And it's always good the next day.

1 25-ounce can low sodium black beans*, drained, liquid reserved
1 16-ounce jar or container low-sodium salsa or 1 and 3/4 cups homemade salsa (mild, medium, or hot, depending on preference)
8 ounces frozen corn
squeeze of fresh lime juice (optional)
chopped fresh cilantro (optional)

Mix drained beans, salsa, and corn in a soup pot. Add reserved bean liquid to achieve desired consistency: For a soupier chili, add the whole can; leave the liquid out when serving with baked tortillas “chips” or rolled in a tortilla. Heat over medium heat for 20 minutes, stirring occasionally. To speed the cooking time, defrost corn under running water before combining the ingredients. Alternatively, the ingredients can be mixed in a slow cooker and cooked on high for 75 minutes or on low for 8 or more hours. If using, add the lime juice and cilantro before serving.

Variation:

*To reduce the sodium, dried black beans that have been soaked and cooked may be used in place of canned beans. To equal a 25-ounce can, use 2 1/2 cups of cooked beans and cover with cooking liquid to equal a total of 3 cups.

Per serving (1/4 of recipe): 243 calories, 1.3 g fat, 0.2 g saturated fat, 4.8% calories from fat, 0 mg cholesterol, 13.1 g protein, 49 g carbohydrate, 5.6 g sugar, 15.8 g fiber, 681 mg sodium, 115 mg calcium, 3.6 mg iron, 5.1 mg vitamin C, 226 mcg beta-carotene, 1.5 mg vitamin E

Toasted Brown Rice

Makes 3 cups cooked rice (3 1-cup servings)

Flavorful and satisfying, brown rice is an excellent source of protective soluble fiber. In the cooking method described below, the rice is toasted, then simmered in plenty of water (like pasta) to enhance its flavor and reduce its cooking time.

1 cup dry short- or long-grain brown rice
4 cups boiling water
1/2 teaspoon salt (optional)

Rinse rice in cool water. Drain off as much water as possible. Place rice in a saucepan over medium heat, stirring constantly until completely dry, 3 to 5 minutes. Add boiling water and salt, then cover and simmer until rice is just tender, about 35 minutes. Pour off excess liquid. (This can be saved and used as a broth for soups and stews if desired.)

Variations:

*Alternatively, rice can be prepared in a rice cooker by following the manufacturer's directions.

*Instead of rice, make potatoes (next recipe)

Per 1-cup serving: 229 calories, 1.9 g fat, 0.4 g saturated fat, 7.3% calories from fat
0 mg cholesterol, 5.3 g protein, 47.5 g carbohydrate, 0.7 g sugar, 6.9 g fiber,
403 mg sodium (if adding salt), 21 mg calcium, 0.9 mg iron, 0 mg vitamin C, 0 mcg beta-carotene, 0.1 mg vitamin E